

Jr. High Lady Bears Playing Well

On Tuesday, January 9th, after a long holiday break, the Young Lady Bears hosted the Mechanicsburg Wildcats. The eighth grade team played a solid defensive game. However, they were only able to score 8 points and lost to the Wildcats 18 to 8. Backi Myers, Amy Meyer and Tina Smick did the scoring for the Bears.

Mechanicsburg
6 3 13 2-24
Northern 6 0 0-21
Thursday, January 11th, the Junior High Lady Bears traveled to Camp Hill to play the Lions. The eighth grade team lost by a score of 21 to 9. Scoring for the Lady Bears were Amy Meyer and Makinae Puglia.

Camp Hill
6 6 6 3-21
Northern 6 0 0-7-9
The ninth grade team started out good but Camp Hill's full court pressure soon unraveled the Bears' momentum. Although the young Lady Bears kept working hard and never gave up they were unable to stay with the Lions. The Bears lost 29 to 15.

Camp Hill
8 7 4-29
Northern 8 0 0-6-15
Nicolette Brubaker, Heather Miller, Angie Ross, Steph Seitzer, and Makinae Puglia were all able to score for Northern.

Lady Polar Bears Smack Wildcats

by John Middlekauff

Friday afternoon (1/12) Northern Girls Basketball took a step in attempting to bring things together, as they overpowered the Mechanicsburg 58-40. Using a variety of offensive plays in the first and third quarters, the Lady Bears took care of the host team. Northern's defense was the real catalyst in fueling the offensive effort. The Lady Bears went on a 14-2 spurt in quarter number one and a 19-5 run to put away the Lady Wildcats.

Gretchen Kraus led the Northern attack, as she scored eight of her game-high eighteen points in the third quarter to aid the Polar Bear cause. Northern's attack also received a big boost as Nancy Jacoby, continuing to play excellent basketball, contributed with seventeen points. The Lady Bears really needed a game like this to get their emotional stability back in sync!

Gretchen Kraus
Northern 8 7 4-29
Northern 8 0 0-6-15
Nicolette Brubaker, Heather Miller, Angie Ross, Steph Seitzer, and Makinae Puglia were all able to score for Northern.

Lady Bears drop game to Cedar Cliff

by John Middlekauff

The mowfall that hit the area on Monday, caused a postponement of the play basketball game with West Perry. Because that was a blessing in disguise. Why a blessing? Because that would have been a division game, and the way the Lady Bears have been playing lately a disaster might have taken place. As it was, the girls did play a rescheduled game against Cedar Cliff Wednesday (1/10) and lost 50-42. This is the same Cedar Cliff outfit that the girls had defeated in the earlier up-off tournament. In my sorry, but the Lady Bears are not a good team. They are 0-6 within their division (Division 1) and were 1-8 going into this contest. They do have a legitimate star in Sophomore Leigh DeWitt. But that is it. But what they do have is five young ladies who go out and fight you tooth and nail for everything they are. They are extremely physical and this game was a very physical contact game from the very start. Check this out, out of the Lady Bears total 50 points—22 were from the foul line. Does this indicate that no matter how good Gretchen is, and boy she is good! She cannot do it alone and should not be expected to. So how about the Senators, what are you going to do about it?

Northern
Gordon 3-28, Jacoby 3-20, Kila 1-0-2, A. Mennich 1-0-2, B. Mennich 1-7-7, Kila 3-3, Trudis 17-4-2
Northern 10 8 12 12-42
Cedar Cliff 12 17 11 50-42
Dillsburg Area Soccer

Girls Soccer Schedule (1990)

3/25/90	Cambelsburg Valley at Northern
4/5/90	Northern at Mechanicsburg
4/5/90	Northern at Carlisle
4/10/90	Northern at Chambersburg
4/12/90	Red Land at Northern
4/17/90	Northern at Hershey
4/19/90	Cedar Cliff at Northern
4/24/90	Northern at Chambersburg Valley
4/26/90	Mechanicsburg at Northern
5/1/90	Carlisle at Northern
5/5/90	Chambersburg at Northern
5/6/90	Northern at Red Land
5/10/90	Hershey at Northern
5/15/90	Northern at Cedar Cliff

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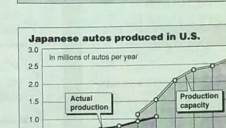
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Below is a list of the minimum exercise requirements for the following amount of exercise to achieve various activity levels. Biking, swimming or other demanding activities can be substituted for walking and jogging.

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Active	Walk 2 miles	Less than 30 min.	5-6 days per week
Modest	Walk 2 miles	Less than 30 min.	5-6 days per week
High	Walk 2 miles	Less than 30 min.	5-6 days per week
MEN	Activity	Time	Frequency
Active	Walk 2 miles	Less than 30 min.	5-6 days per week
Modest	Walk 2 miles	Less than 30 min.	5-6 days per week
High	Walk 2 miles	Less than 30 min.	5-6 days per week



Top 10 Movies
1. Born On The Fourth of July
2. Back to the Future
3. Tango & Cash
4. The War of the Roses
5. Back to the Future II
6. The Untouchables
7. The Untouchables
8. We're No Angels
9. Steel Dawn
10. Steel Dawn

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